

Gazette

GUANTANAMO BAY

Vol. 59 No. 33

Friday, August 16, 2002

They're Homeward Bound



A long wait finally brought a date that reservists had been waiting for. They are finally home. This group from GTMO's Security Department finished training their replacements and are now on "home turf" having departed on the Wednesday rotator flight. Many of our security force members over the past 10 months were called to active duty last September following the attacks on the World Trade Center towers, the Pentagon and the crash in Pennsylvania. They arrived here in groups from various reserve centers shortly afterward and have served in all areas of Security Department operations. Here the group prepares to make their "EXIT" from GTMO following an awards ceremony in their honor. Photo by JOC Ric Evans

What's Inside:

CPO Selectees

CPO Selectees enter a memorable season for them and for the Chief Petty Officer's at Naval Base GTMO.

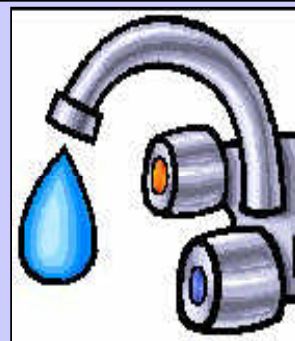
More on pages 2 and 6



Water Quality Reported

GTMO's water quality report released annually in mid-year shows us just what we're getting through our pipes.

Take heart, the word is good. See the report on pages 8 and 9.



Energy Conservation

Seal off and shut down heating and cooling to unused and storage areas to save energy.

Water Conservation

JULY 29 - AUG 4

Used 7,569,376.0
Daily avg. 1,081,339.4
Daily goal 700,000 gal.

We spent \$50,718.14 over our budget for the week.

U.S. Naval Base Guantanamo Bay

Gazette

Commander, Naval Base
 CAPT Robert A. Buehn

Chief Staff Officer
 CAPT(Sel) Michael Fair

Command Master Chief
 CMDMC(AW/SW) Ellen M. Mustain

Public Affairs Officer
 JOC Richard Evans

Gazette Editor
 JO1 Amy Kirk

This newspaper is an authorized publication for members of the military service stationed at Naval Base Guantanamo Bay. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

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Law Allows Pre-separation Counseling Up to Two Years Before Retirement

By Sgt. 1st Class Kathleen T. Rhem, USA American Forces Press Service

WASHINGTON, Aug. 13, 2002 — Retiring service members are entitled to pre-separation counseling and job-search assistance up to two years before their retirement date.

Separating members are entitled to such benefits up to one year before they leave.

Charles Abell, assistant secretary of defense for force management policy, sent a memorandum to the service secretaries April 30 explaining the policy. The rules were part of Public Law 107-103, the Veterans Education and Benefits Expansion Act of 2001, which was signed into law in December.

Pre-separation counseling is intended "to ensure all active duty separating service members have the opportunity to be made aware of the transition services and benefits available to assist them and their spouse in adjusting to civilian life," Abell said in the policy memorandum.

Since 1997, roughly 200,000 military members have gone through transition counseling in a number of different DoD programs, Abell said July 30 at the DoD Transition Assistance Program Training Conference in New Orleans.

The rules state that separation counseling may

begin up to 24 months before retirement or up to 12 months before separation, but must be conducted at least 90 days prior to either event. Retirement or separation dates need not be firm to begin counseling, merely anticipated.

"In the event that a retirement or separation is unanticipated until there are 90 or fewer days remaining, pre-separation counseling shall begin as soon as possible within the remaining period of service," Abell's memorandum states.

To reduce the burden on transition staffs on military bases around the world, the law provides that individuals with less than 180 days on active duty are ineligible for pre-separation counseling. An exception to this rule is members who are medically retired, the memorandum explains.

The longer eligibility period is as good for the services as it is for service members. Speaking in New Orleans, Abell described Army and Navy studies that indicate the sooner individuals begin pre-separation counseling, the more likely they are to re-enlist. DoD has asked the other services to begin keeping similar statistics.

For more information on the DoD Transition Assistance Program visit the website at [<http://www.dodtransportal.org>].

DO YOU FEEL OVERWORKED AND OVERWHELMED?

Learn

THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE

Discover a new sense of direction, restore balance to your life, and learn to accomplish your most important long-term goals by focusing on proven principles of effectiveness. Military and DoD Civilians are welcome to register for the Next 7 Habits Workshop by calling Command Evaluation at 4239 or email n01ce@usnbgtno.navy.mil

The next open workshop is:

Date: September 10-13

Time: 0800-1630

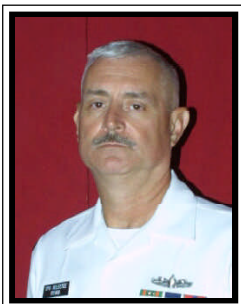
Place: Community Center

Tides Chart

Day	Time	Height	Time	Height	Time	Height	Time	Height
17	0321	1.03	0943	-0.04	1721	1.72	2349	0.64
18	0421	0.98	0043	-0.04	1821	1.75		
19	0055	0.63	0527	0.97	1143	-0.02	1915	1.75
20	0149	0.62	0627	0.98	1237	0.01	2003	1.73
21	0231	0.61	0721	1.02	1325	0.05	2045	1.68
22	0307	0.59	0809	1.06	1413	0.11	2127	1.62
23	0337	0.57	0851	1.11	1455	0.18	2157	1.55



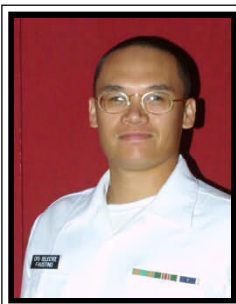
AGC(AW)(SEL)
Eileen Duncan



DCC(SW) (Sel)
Timothy Ryan



AMC(AW) (Sel)
Richard Raymer



HMC(Sel)
Aquiles Faustino Jr.

GTMO “Chief” Selectees-FY 2003



MAC(Sel)
Jeffrey Williams

Guantanamo Bay has done very well in the race for the khaki this year. 14 names of selected chief petty officers with ties to GTMO appeared on the lists that hit the streets just last week. Of those, one is leaving almost immediately and another is leaving on orders to a new duty station in the next couple of weeks. HMC(Sel) Elaine Florence arrived at GTMO just two days into the CPO INDOC class and is working hard on catching up with her counterparts.

These Chief Selectees promise to be very visible during the coming weeks leading up to their pinning ceremony on 16 September. Fund raising events and community service projects are already in the planning stages and with some coming your way this weekend (see Briefs - this page).

Congratulations Selectees and we'll see you around GTMO! (more on page 6)



PRC (AW)(SEL)
James Bosley



DTC(SW)(Sel)
Wanda Simmons



HMC(Sel)
Elaine Florence



OSC(SW)(Sel)
Robert Cherry



YNC(SS)(Sel)
Roderick Perryman



HMC(SW)(Sel)
Ariel Diaz



YNC(SW)(Sel)
Sonya Schaefer



MAC(NAC)(Sel)
Carlos Ortiz

BRIEFS

Bidding a Fond Farewell

The GTMO community is invited to wish Alan and Marie Mickle, Fair Winds and Tight Lines, tonight at the MWR Sailing Center from 6-10pm. Food, adult refreshment and soft drinks are provided. Feel free to bring a covered dish to pass. A \$5 donation is accepted at the door to help defray the costs.

Jewish Service Tonight

A Jewish Religious Service is scheduled for tonight at 8pm in the Chapel Hill Complex Fellowship Hall. For additional information on Jewish Services, call the chapel office at 2323.

CPO Selectee Fund-raisers

The FY-03 Guantanamo Bay Chief Petty Officer selectees are holding a bake sale Saturday at the NEX Atrium from 10am-3pm. During this period they are also raising money by carrying those heavy packages from the exchange/commissary to your vehicle, or helping you out at the NEX Auto Port/Gas Island by pumping your gas, checking air in tires and checking fluid levels, all for modest donations.

New Post Officer Lobby Hours

New customer service hours at the Post Office Customer Service Lobby go into effect 19 August. The new lobby hours are:
MON/WED 0900-1700
TUE/THUR/FRI 0900-1530
CLOSED SAT/SUN

Vet Clinic Training

The Veterinary Clinic is closing for mandatory training the morning of 28 August. Anyone on Saturday's flight who requires a health certificate for their pet must be at the clinic the afternoon of the

Continued on page 5

PERSONAL HEALTH ADVISOR®



Has this happened to you?

It's 2 a.m., your baby has been crying for 3 hours, and you wonder if you should head to the Emergency Room...

You would like some information on breast cancer, prostate cancer, diabetes, or other health concerns...

Now you no longer have to wait to speak to a health professional at your clinic. You can pick up your telephone at any time and speak to a registered nurse, at no cost to you, and receive advice or information about your health concerns.

The Health Care Information Line (HCIL) provides:

- Specially trained nurses to advise you on all your health care needs
- Spanish speaking nurses available 24 hours a day, 7 days a week
- Recommendations for treatment options
- The AudioHealth Library®, providing health information on a wide variety of top

CALL NOW!



**TOLL-FREE,
24 HOURS
A DAY,
7 DAYS
A WEEK!**

You can reach the Healthcare Information Line (HCIL)
at the following toll-free number for

Naval Station Guantanamo Bay Cuba

Contact AT&T Direct Access,

Dial 1 800-984-7296

For Toll Free Service

AT&T Direct® Service can help you reach toll-free numbers from GTMO.
Toll-free number calling instructions:

1. Make sure you have an outside line.
2. Enter the AT&T Direct Access Number for the country you are in;

From Guantanamo Bay, Cuba, dial 935 then the toll free number

For more information contact Mrs. Kruppa #72017

Elementary School Info

**Elementary School Library
Hours**

Wednesdays, 10am to 2pm

**Elementary School T-shirts on sale for \$5.
Adult sizes, too. Call 5803.**



Worship Services

Roman Catholic Mass

(Main Chapel)

Monday - Friday

Daily Mass (Cobre Chapel) 0630

Friday

Liturgy of the Hours & Rosary
(Cobre Chapel) 1700

Saturday

Reconciliation 1630

Eucharist/Mass 1730

Sunday

Eucharist/Mass 0900

Eucharistic Adoration/Reflective
Prayer (Cobre Chapel)

Daily 24hrs

Protestant Services

Sunday

Services - Main Chapel 1100 & 1930

Camp America 0800

Leeward-Marine Barracks 1430

New Life

(Sanctuary B)

Sunday Worship Service 1100

Church of Jesus Christ of Latter Day Saints

(Sanctuary A)

Sunday Sacrament 0900

Jewish

(Sanctuary A)

Twice per month Call 2323

Filipino Bible Fellowship

(Sanctuary A)

Sunday Worship 1800

Inglesia Ni Cristo

(Sanctuary B)

Sunday Worship 2000

Pentecostal Gospel Temple

(Sanctuary C)

Sunday Worship 0800 & 1700

Seventh Day Adventist

(Sanctuary B)

Saturday

Divine Service 1100

United Gospel

(Sanctuary A)

Sunday Service 1245

United Jamaican Fellowship

(BLDG. 1036 - Next to Cable
Company)

Sunday Service 1100 & 1830

*Please ask the Faith Group
Representative about Sunday
School Times, Education
Programs, Bible Study, Prayer
Groups, etc. For more details,
call the Chaplain's Office at
2323.*

BRIEFS - FROM PG 3

28th. The clinic is also closed 29 August for inventory and 30 August for a training holiday. The clinic is closed for the Labor Day holiday, Monday, 2 September. For questions or to make an appointment, call 2212, or 2101.

TriCare Medical Coverage

Continued medical coverage is now provided for demobilized reservist and their families. 60 days of post demobilization coverage is provided for members with less than six years total career active service.

For reservists with more than six years of total career active service 120 days of coverage is provided. This coverage includes both the member and eligible family members.

For more information contact Joyce Kruppa, TriCare Beneficiary Services representative at 7-2017

CBQ Meeting

A Town Hall Meeting for all third deck residents of the BOQ and other interested personnel takes place August 20th at 6pm in the CBQ kitchen area. Discussion topics include: Scheduling and movement of personal property, Telephone transfers, and Concerns of residents.

New Immunization Clinic Hours of Operation

Effective Monday 19 August 2002 the Immunization Clinic (located in the Primary Care area at the Naval Hospital) will be open for ALL routine immunizations and New Check In's on: Monday, Wednesday and Friday from 0730-1130 and 1300-1530.

Questions or concerns? Call 7-2033

Wash Your Hands and We'll All Feel Better

Submitted by Naval Hospital Guantanamo Bay

Gastroenteritis is the medical term for an infection that produces diarrhea with or without vomiting. Additional symptoms include stomach cramps, nausea, fever and headache. People become ill within a few hours or days, depending upon the type of germ that they have ingested. It can be caused by a number of different bacteria, viruses or parasites. The most common cause is viral which cannot be treated with antibiotics. However, it can be prevented by practicing good personal hygiene. Always wash your hands before you eat and after using the restroom, changing diapers, gardening, handling animals, or any other task which may bring you into contact with germs. People who are already infected can pass the virus on to others through direct contact such as sneezing and coughing, or during food preparation. Food handlers, child care workers, and healthcare workers with gastroenteritis symptoms should not work until they have fully recovered from their illness.

Gastroenteritis attacks all different age groups but tends to occur more frequently in children and infants. It is usually more serious in infants because they tend to get dehydrated easier than older children and adults. The following suggestions are helpful and may even prevent hospitalization.

1. As soon as the diarrhea starts, give your child an oral rehydration solution. These solutions have the appropriate amount of salt and electrolytes. The best solutions are Pedialyte, Rehydralyte, Resol and Ricelyte. You should avoid Gatorade, soft drinks, fruit juice and Jell-O water. You can buy these

solutions from the grocery store or pharmacy.

2. Give one teaspoon of the solution every minute for one hour. If your child vomits, wait for 5 minutes and start giving the fluid at the same rate. As long as your child continues to have vomiting and/or diarrhea, it is important to keep them as well hydrated as possible. Repeat this procedure every 4 hours as long as they continue to have vomiting and/or diarrhea.

3. The diarrhea will actually get better if you feed them some solid food. This can begin right after giving them the fluids for one hour. The best kind of food is commonly referred to as the BRAT diet. This consist of bananas, rice, apples or applesauce (without sugar), toast, pasta or potatoes.

4. If you are breast feeding continue to do so. If you are formula feeding, continue to give full strength formula.

You should call the doctor if :

1. The diarrhea lasts more than 24 hours in spite of giving the rehydration solution and feeding the BRAT diet.

2. The diarrhea gets worse rather than better after 24 hours.

3. Your child shows signs of dehydration such as poor urine output, sunken eyes, no tears when crying, extreme thirst or unusual drowsiness or fussiness.

The vast majority of gastroenteritis cases are not life-threatening and do not require medical treatment or antibiotics. Remember, these illnesses can be prevented by maintaining good sanitation and personal hygiene, and using proper food handling techniques. For information on food safety see: www.tfn.net/HealthGazette/gastro.html.




**DRESS UP
DRESS HOT**

GET READY FOR THE BALL OF YOUR LIFE

**THE GUANTANAMO BAY
FIRE DEPARTMENT BALL**

YOU'RE IN FOR A HOT TIME TONIGHT!

STOP BY FIRE
ADMIN OR FIRE
STATION #1



CALL 4598/4222
FOR TICKETS
OR INFO

14 SEPTEMBER 2002

WINDJAMMER BALLROOM

DOORS OPEN
AT 1730



\$20 PER PERSON
FORMAL ATTIRE

Milestones Building for New CPOs



Photos by PH2 Wayne Abbott

(Above) Fourteen CPO Selectees gather for one of the last photos showing them wearing their Petty Officer First Class uniforms following the conclusion of their CPO INDOC Class.

(Right) Naval Station's Command Master Chief, CMD/ MC Ellen Mustain congratulates the selectees as she presents them with their course completion certificates. This course is now behind them, but the selectees know that there's a lot more to learn in the coming weeks.



On The Road Again...



DOT THE 'I'S AND CROSS THE T'S

YN3 Janelle Stevens of Naval Station's ADMIN Department distributes travel packages to Security's departing reservists. This group is checking the data on their documents to make certain it's all correct so that they could feel confident in boarding the ferry the next morning.

This group was returning to the Great Lakes, Ill and despite the fact that they had just received awards from Naval Station for their efforts over the past 10 months, they seemed much more interested in the paperwork and airline tickets than the awards. Hhmm?



It's Just Six More Years

YN2(SW) Gabriel Hillario of GTMO's Naval Brig staff re-enlisted at the Northeast Gate Thursday morning. MCSFCo's First Sergeant Phillip Pauley administered the oath and Naval Station Commanding Officer, Capt. Robert Buehn signed the paperwork as Hillario's family and several co-workers watched.

The Hillario family, Tammy, Mauricio and Maricella all received congratulations from Capt. Buehn and Tammy received a Spouse Appreciation Certificate which commemorates the hardships and support required of spouses and family members in any service member's military career.

Hillario heads out on tomorrow's flight back to the states on his way to his next duty station at DEPMED NMCL Annapolis, Aberdeen MD Detachment for four years.

(Right, l-r) 1stSgt Phillip Pauley, Capt. Robert Buehn, YN2(SW) Gabriel Hillario, Tammy, Mauricio, and Maricella Hillario.



Legal (Assistance) Eagle Takes Flight



Lt. Christopher Williams, a United States Naval Reservist receives a Navy and Marine Corps Achievement Medal from Capt. Robert Buehn for his work in reviving and operating the station's Legal Assistance Office over the past six months. During that time, Williams' efforts saw his staff, volunteers and himself see over 2,000 customers with wide ranging questions and needs, including over the accurate and expeditious electronic filing of over 750 tax returns, resulting in refunds in excess of \$750k an estimated cost savings of \$75k. Williams' was able to directly pass the keys to the office to his replacement, Lt. Mike O'Regan who will run the office through the end of September. - Photo by JOC Ric Evans

Remember to Recycle

Put out your blue recycling bin every Tuesday and get one ticket per bin. Earn 20 tickets and you can get a free T-shirt. Shirts can be picked up at the Recycling Center.

Forget to put out your bin on Tuesday? No problem. Drop your recyclables off at the Recycling Center, Bldg. 1751. Get \$.05 per can or bottle, as well as a ticket toward a GTMO Recycles T-shirt.

The following items are recyclable:

Plastic Glass, Metal Aluminum, Tin cans (soup cans), Batteries, aerosol cans (whipped cream, paint, cooking spray, hair spray, etc. - we don't want these going to the landfill. They blow up when put in the fire.)



Annual Consumer Confidence Report on the Quality of Drinking Water

U. S. Naval Station, Guantanamo Bay, 2002

- **What is the purpose of this report?**

This is an annual report on the quality of water delivered by the U. S. Naval Station, Guantanamo Bay (GTMO). A requirement for this was brought about when Congress amended the Safe Drinking Water Act in 1996. It added a provision requiring all community water systems to deliver a brief annual water quality report to their customers. Included in this report is pertinent information about the source of our water, any contaminants detected and possible sources of contaminants for the calendar year 2001.

- **What is the source of our water and the basic treatment process?**

Our raw water supply is drawn from Guantanamo Bay, approximately 160 feet north of the DESAL Water & Power Plant Compound. This is our “source water” and in our case, it is salt water. The source water is turned into drinking water through a process called “reverse osmosis”. A textbook definition of reverse osmosis (RO) is: The application of pressure to a concentrated solution that causes the passage of a liquid from the concentrated solution to a weaker solution across a semi-permeable membrane. The membrane allows the passage of water (solvent); but does not allow the passage of the dissolved solids (solutes). The RO plant is currently capable of producing about 1.2 million gallons per day. Water produced from the RO plant is transferred to treated water storage tanks before being processed through the water treatment plant. At the treatment plant, water is held in large storage tanks before entering the distribution system to the customer’s tap.

- **Is our water system meeting the rules that govern our operations?**

The quality of drinking water at GTMO is in compliance with the Final Governing Standards (FGS) for Cuba. The FGS establishes monitoring frequencies for possible contaminants and requires us to keep records of all water quality tests. We are in compliance with the FGS.

- **How can I get involved?**

If you have any questions about the quality of water at GTMO or would like more information on the Drinking Water Program at GTMO; please contact Public Works Environmental Office at 4662, ext. 204.

- **Do I need to take any special precautions?**

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons (such as those with cancer undergoing chemotherapy; persons who have undergone organ transplants; people with HIV / AIDS or other immune system disorders; some elderly and infants) can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA / CDC guidelines on appropriate means to lessen the risk of infection by *Cryptosporidium* and other microbial contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

- **Are there contaminants in my drinking water and why?**

Drinking water (including bottled water) may reasonably be expected to contain at least small amounts of contaminants. Their presence does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency’s Safe Drinking Water Hotline (800-426-4791).

Contaminants that may be present in source waters include:

Microbial Contaminants: such as viruses and bacteria that may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife.

Inorganic Contaminants: such as salts and metals that can be naturally occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining or farming.

Pesticide & Herbicide Contaminants: may come from a variety of sources such as agriculture storm water runoff and residential uses.

Organic Chemical Contaminants: may include synthetic and volatile organic chemicals that may be by-products

of industrial processes or petroleum production; and can also come from gas station, urban storm water runoff and septic systems.

Radioactive Contaminants: can be naturally occurring or be the result of oil and gas production and mining activities.

Glossary:

The definitions and abbreviations below give a better understanding to the meaning of terms and abbreviations concerning contaminants found in our drinking water as indicated in the table.

AL: Action Level. The concentration of a contaminant (which, if found to be exceeded) will trigger further treatment or other procedures that the water system must follow to lower the level.

MCL: Maximum (allowable) Contaminant Level. The highest level of a contaminant that is allowed in drinking water (by regulation).

MCLG: Maximum Contaminant Level Goal. The level of a contaminant in drinking water below which there is no known or expected risk to health.

mg/L: milligrams per liter, equivalent to parts per million.

ND: Not detectable. A value below the detectable limit by the lab test procedure.

NPDWR: National Primary Drinking Water Regulations: legally enforceable standards that apply to public water supply systems. Primary standards aim at protecting drinking water quality by setting limits on the levels of specific contaminants that can adversely affect public health and are known or anticipated to occur in public water systems.

NSDWR: National Secondary Drinking Water Regulations: non-enforceable guidelines regulating contaminants that may cause cosmetic effects (such as skin or tooth discoloration) or aesthetic effects (such as taste, odor, or color) in drinking water. EPA recommends secondary standards to water systems but does not require systems to comply.

NTU: Nephelometric Turbidity Units — a measure of the clarity of water. Turbidity is measured with an instrument called a nephelometer, which measures the intensity of light scattered by suspended matter in the water. Turbidity in excess of 5 NTU is just noticeable to the average person.

Pc i/L: picocuries per liter — a measure of radioactivity in water.

Turbidity: A measure of the cloudiness of water. We measure turbidity because it is a good indicator of the effectiveness of the water treatment system.

Level of Detected Contaminants: Year 2001

Contaminant	Units	MCLG	MCL or Highest Level Allowed	Level Detected (or Range of Detections)	Violations (Y/N)	Typical Source of Contaminant
1. NPDWR (enforceable)						
A. ORGANICS						
Total Trihalomethanes (TTHM's)	mg/L	0	0.1	0.041	No	by-product of disinfection by chlorination
B. INORGANICS						
Copper	mg/L	1.3	AL=1.3	ND – 0.038	No	corrosion of plumbing; erosion of natural deposits
Lead	mg/L	0	AL=0.015	ND – 0.0009	No	corrosion of plumbing; erosion of natural deposits
Fluoride	mg/L	4	4	0.67-0.77	No	water treatment additive which promotes strong teeth; erosion of natural deposits
Nitrate	mg/L	10	10	ND	No	Run-off from fertilizer use; erosion of natural deposits
C. MICROBIALS						
Total Coliform	number of positive samples	0	1 positive sample / 40 tests	0	No	Naturally present in the environment; human and animal fecal waste
Turbidity	NTU	n/a	1	0.28 – 0.74	No	Soil run-off; breakdown of natural minerals and deposits
2. NSDWR (recommended / non-enforceable)						
Sodium	mg/L	n/a	250	62	n/a	Breakdown of natural minerals and deposits
Chlorides	mg/L	n/a	250	125 - 138	n/a	Breakdown of natural minerals and deposits
Iron	mg/L	n/a	0.3	0.01 - 0.11	n/a	water distribution pipe corrosion
Sulfate	mg/L	n/a	250	ND - 1.4	n/a	Run-off from fertilizer use; erosion of natural deposits
Total Dissolved Solids	mg/L	n/a	500	261 - 484	n/a	Breakdown of natural minerals and deposits

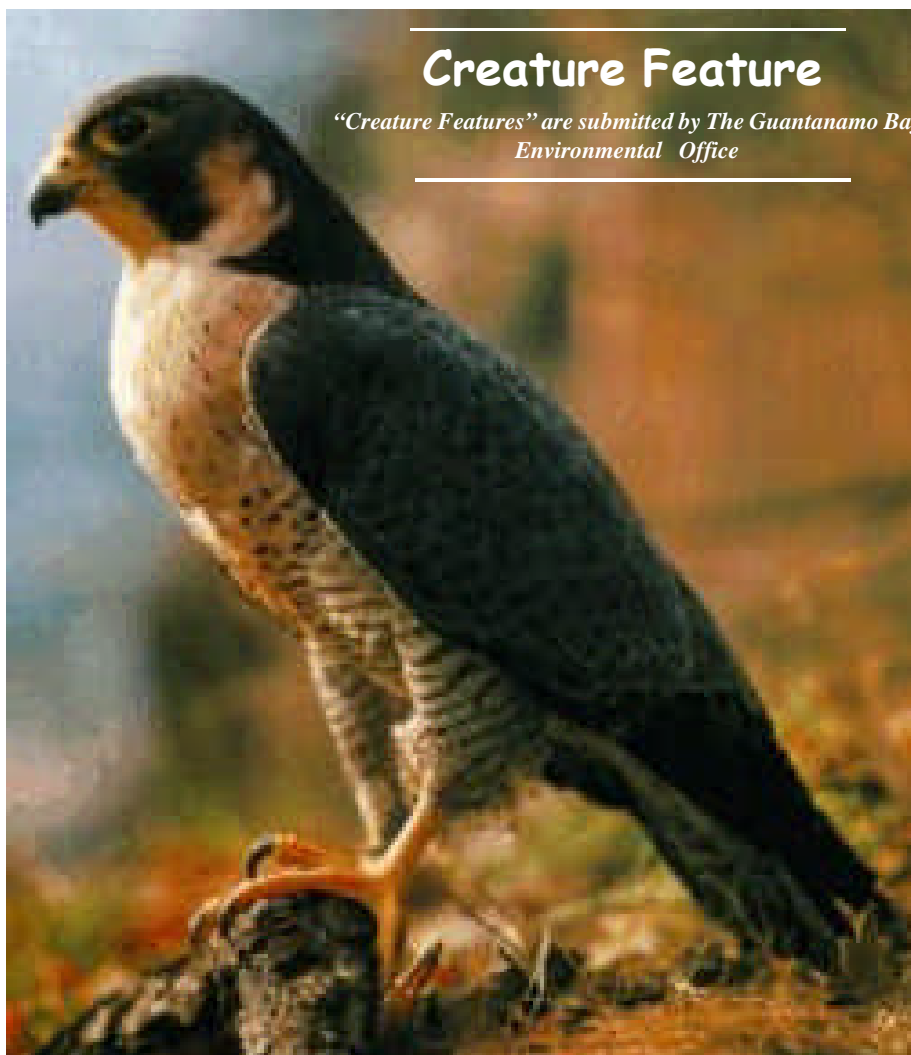
Per igr ine *Fal con*

By Paul Schoenfeld
Natural Resources Manager

The Peregrine Falcon (*Falco peregrinus*) is another true Falcon occasionally seen at GTMO where they are considered uncommon winter residents. Their scientific name peregrinus translates to traveler and they are sometimes called duck hawks because ducks often fall prey to Peregrines. This is probably the most well known of the North American Falcons due to its former status as an endangered species and due to its fast flight. As a group, Falcons are the fastest birds of prey and Peregrines are the fastest of the Falcons. The U.S. Fish and Wildlife Service reports that Peregrines in a stoop (their hunting tactic where they dive on their prey) can exceed two hundred miles per hour. Peregrines are found throughout North America, including urban areas, and in other parts of the world. There are three separate subspecies of Peregrine found in North America. Peregrines from Alaska, Canada and Greenland usually migrate to the Caribbean and Central/South America for winter. Peregrines that nest in more southern areas usually do not migrate very far and some do not migrate at all.

Peregrines are 20 - 21 inches long with wingspans of approximately 40 inches. Adults have slate blue-gray wings. Their backs have dark bars and their undersides are pale. They have white faces with a broad black stripe across the cheek. Juveniles have dark undersides and are brown. Females are usually larger than males.

Peregrines are very efficient predators and prey on birds in flight. They soar high above their intended victim, enter their "stoop" and literally punch their prey in mid-air. After the initial strike, they are capable of turning back and catching their prey before it falls to the ground. Prey species include songbirds, shorebirds, and ducks. In urban areas, Peregrines feed heavily on pigeons and starlings and are considered beneficial pest control agents.



Creature Feature

*"Creature Features" are submitted by The Guantanamo Bay
Environmental Office*

Peregrines favor mountain ranges, river valleys, and coastal areas. Nests are normally little more than a scrape in the gravel on a cliff ledge, but are sometimes found in tree cavities or nests built by other birds. Urban skyscrapers, towers, and bridges also provide nest sites and large numbers of Peregrines nest on these structures throughout North America. Peregrines reach sexual maturity when they are 2 years old. Males arrive at a nest site and attract females with acrobatic aerial displays. Females lay an average of 4 eggs and both parents aggressively defend the nest and young however, they will abandon the nest if frequently disturbed.

Peregrines were formerly listed on the Federal List of Endangered Species. The pesticide DDT, widely used in the 50's and 60's, was found to bio-

accumulate in Peregrines from feeding on birds who ate DDT contaminated insects and seeds. Once in the Peregrine's tissues, DDT metabolized into a compound called DDE which interfered with eggshell formation. Eggs laid by DDE contaminated Peregrines were so thin they broke under the weight of the parent while incubating. This effectively curtailed successful reproduction, population numbers declined dramatically, and the Peregrine Falcon was listed as an endangered species in 1970. Conservation efforts including captive breeding and a ban on DDT resulted in Peregrine population recovery and the bird was removed from the Endangered Species List in 1999. Peregrine Falcon recovery under requirements of the Endangered Species Act is considered another conservation success along with other birds affected by DDT contamination including Bald Eagles and Brown Pelicans.

GTMO SHOPPER

FOR SALE

(1) Tool box for bed of pickup truck. Great shape. \$100. Call Scott at 4488 or 7997.

(1) Ocean Waves polarized fishing glasses. Brand-new, mirror blue lenses w/ tortoise frame, hard case included. Glasses retail for \$170, asking \$100. Call Sam at 3538 or email cptsam@yahoo.com.

(1) Headboard for twin (single) bed - \$20. Call 5533.

(1) SCUBA Equipment. BC's, regs, fins and misc. equipment. All well maintained and working. \$250 for all or will separate. (W) 72160 (H) 7639

(2) Large Futon, oval-shaped on wood frame - \$50. Headboard for twin bed - \$15. Indoor electric grill - \$10. Call 5533.

(2) Dining room table w/4 chairs, Cherry finish with white cushions perfect condition. \$300 OBO, Computer desk \$50, Futon couch \$50, Sony Playstation, and a Leopard Print Slip cover fits a large couch \$30 Call Sarah at 7343.

VEHICLES/BOATS

(2) 1990 Dodge Ram 150 pickup \$2,500.00, Available 21 Aug. 4145 DWH/5637 AWH.

(2) Pontoon boat with 48 Johnson short shaft engine. Comes with dual axle trailer to remove from water. Recently inspected and ready to be used for fishing, snorkeling and diving. Many rod holders. Price \$2200.00 call AWH 5350.

2) 1985 Plymouth Turismo 2dr hatchback. Manual 5-spd transmission. New fuel pump, water pump, alternator, battery, radiator hose and thermostat. Mileage - a low low 76K. \$1,000 OBO. Call Kendall at 5620 or Gabe at 7357.

(2) 89 Ford Taurus Station Wagon. \$3,500 OBO. 7-2427 (W) or 5309 (H). Ask for Dave.

WANTED

Wanted: Men's Snorkel/Dive gear. Do you have dive gear just gathering dust? If so, considering selling. Call 7068.

Looking for an experienced and reliable piano player to provide

lessons in my home. Interested parties call 5418.

Person to give piano lessons to my child in my home. I have a piano at my house. If interested please call 7906 AWH.

Housekeeper wanted 2 times a month beginning mid-August. MUST be reliable and dependable. If interested please call 7906 AWH.

Sitter needed for two school age children. Beginning 2003 school year. 7:15 am through 2:30 pm M-F. Great job for local college student, lots of study time. Contact Tammy DWH 4162 x 224, after 5 pm 7185.

Wanted: Small apartment or efficiency in Orlando, FL. Preferably close to UCF. Call JoAnn at 2774 with information.

EMPLOYMENT

Navy Federal Credit Union is seeking a mature, energetic person with good people skills and a professional attitude to join our team. We have a part-time Member Service Representative position available. For more information, contact Kim Veditz at 4333.

LCN is accepting applications for a full-time Customer Service representative, also a full-time Cash Window position is open. For More information Call 3744.

The following are positions available through the Human Resources Office (HRO).

Open Continuous Vacancies:
Supply Technician, 1st cutoff 12/21/01, closes 12/06/02

Open with Closing Date:
Medical Records Technician (AO), closes 8/20/02

Teller, closes 8/21/02

For more information contact the Human Resources Division at ext. 4822 or 4430.

The following job opportunities are available at the Navy Exchange.

F/T - Mon - Fri, 7:30am - 4:30pm
Motor Vehicle Operator
Laborer

Floral Sales Clerk
Cashier (Cash Office)

F/T - Weekdays, Weekends:
Motor Vehicle Operator
Laborer

Flex P/T - Weekdays, Weekends:
Food Service Worker

Maintenance Worker / 10am-4pm
Cashier-Checker
Temp - 7am-5pm or 12-5pm:
Desk Clerk (Navy Lodge)

For details, visit the Navy Exchange Personnel Office or call 4119.

SERVICES

Like to get away and have nights to yourselves? Experienced baby-sitter of 5 years! Call Mariah @ 7466

Avon Products are finally available in GTMO! To see a brochure, call Diane at 7892.

Experienced, Red Cross Certified baby-sitter available. Call Melissa at 5418.

I'm Red Cross certified and experienced. Need a baby-sitter call CJ at 5418.

Baby-sitter -- American Red Cross certified. Call Rhett at 7864 for your child care.

ANNOUNCEMENTS

New customer service hours at the Post Office Customer Service Lobby go into effect 19 August. The new lobby hours are:
MON/WED 0900-1700
TUE/THUR/FRI 0900-1530
SAT/SUN CLOSED

TENNIS ANYONE??? A Tennis Follies Social has been organized for Sunday, 18 AUG 02 at the Deer Point Tennis Courts starting at 4pm. Four 20-minute sessions of mixed doubles will be played with partners selected at random. Just bring your tennis rackets (tennis balls are provided), a covered dish and your own drinks or a snack to share. FMI call Joe or Mig Hettler at 5350.

For those of unable to make religious services due to a hectic schedule, an on-line site for a bible-based ministry is at www.searchthescriptures.org and click on the link where it says listen to past Sunday's message. The chapel has received very positive feedback from those with whom they've shared this site.

The GTMO Association of Fishermen (GAF) is welcoming new members. Meetings are held Thursdays at 7pm at Pelican Pete's Marina. FMI, show up at the marina

or email jbfins@hotmail.com.

Calling Uniformed Services University of the Health Sciences graduates: Your alumni association wants to hear from you to find out what you are doing in Guantanamo Bay Cuba. Write to Sharon Willis (SWillis@usuhs.mil) with any news that you would like to share.

New Hospital Galley Hours

Mon. - Fri.
Breakfast 6:30 - 8am
Lunch 11am - 1pm
Dinner 4:30 - 6pm
Weekends/Holidays
Breakfast 7am - 1pm
Lunch 7am - 1pm
Dinner 4:30 - 6pm
Weekend Breakfast - 7-10am - \$1.60
Weekend Brunch - 10am -1pm - \$3.25.
Questions, call the Hospital Galley at 7-2330/2340.

PERSONALS

Maricella, Happy 5th birthday. May your birthday be a special one with all your Gitmo friends. We love you - Daddy, Mom, and Bro Bro.

To our Gitmo friends, Thank you for making our tour here a memorable one. We will never forget all the good times we shared with you. God bless all of you - Your friends, Gabriel, Tammy, Mauricio, and Maricella Hillario.

To the crew of the windjammer: I would like to express my personal as well as professional thanks & appreciation to each and every one of you for continuing to do such an OUTSTANDING job. I believe that everyone understands when there is any type of event on the island that you are its' backbone. You work as many hours necessary to make things go as smoothly as possible, with few complaints if any at all. I want you all to know that you are greatly appreciated.....Thank you for being just the way you are! Diane

Got an announcement or organization information you need to advertise?

E-mail the Gazette at pao@usnbgmtmo.navy.mil.

Don't have email? Drop off your ad in person at the Gazette/PAO office in Bldg. 760 (the old "White House") on Admin Hill.

For More Information, call 4502.

DIVINE SECRETS OF THE YA YA SISTERHOOD



Comedy and Drama
1 hr. 56min

Starring:
Ellen Burstyn
Sandra Bullock,
Ashley Judd,
Maggie Smith,
Fionnula Flanagan

A Southern comedy drama about life, love and family which follows a group of lifelong friends as they stage a rather unorthodox intervention to help a young playwright unravel the truth about her eccentric mother, find forgiveness and come to terms with her difficult past.

AUSTIN POWERS III - GOLDMEMBER



Comedy
1 hr. 33 min.

Starring:
Mike Myers,
Beyonce Knowles,
Michael Caine
Michael York,
Seth Green

Dr. Evil and Mini-Me escape from prison and, Austin is called to action once more, teaming up with the mysterious and peculiar Goldmember.

Dr. Evil hatches a time-traveling scheme to take over the world. As Powers chases the villains through time he joins forces with his old flame, Foxy Cleopatra.

THE BOURNE IDENTITY



Thriller and Action/
Adventure
1 hr. 58 min.

Starring:
Matt Damon,
Franka Potente,
Chris Cooper,
Clive Owen,
Brian Cox

The story of a man (Damon), salvaged, near death, from the ocean by the crew of

an Italian fishing boat. When he recuperates, the man suffers from total amnesia. He is completely without identity or background, but possesses a range of extraordinary talents that speak of a dangerous past. He sets out on a desperate search to discover who he really is, and why he is being pursued by assassins.

Movies

Friday, Aug 16

8pm Divine Secrets of the Ya Ya Sisterhood
PG13 - 116min

10pm Austin Powers 3
PG13 - 93min

Saturday, Aug 17

8pm Bad Company
PG13 - 117min

10pm Road To Perdition
PG13 - 118min

Sunday, Aug 18

8pm Minority Report
PG13 - 140min

Monday, Aug 19

8pm Windtalkers
R - 133min

Tuesday, Aug 20

8pm Stuart Little 2
PG - 70min

Wednesday, Aug 21

8pm The Bourne Identity
PG13 - 118min

Thursday, Aug 22

8pm Juwanna Mann
PG13 - 91min



What's Happening...

BOWLING CENTER

August 19th - September 4th
.75 cent Bowling
Mondays and Wednesdays
1pm - 4pm

YOUTH CENTER

August 16, 2002

Pizza and a Movie Night

TEEN CENTER

August 16, 2002

Water Balloon Fun

GROUND ZERO PAINTBALL

September 2, 2002

7 on 7 Paintball Tournament

Open, Youth and Women's Divisions

Sign Up at the Paintball Range, Bike

Shak, & Marina

LABOR DAY 5K RUN

September 7, 2002

Race Start Time 6:30am

T-Shirt Sign-Up Deadline

September 2nd at 4pm

FMI Call 2193

PELICAN PETE'S MARINA

Free Lessons

Sailing, Kayak, Daytime and Nighttime

Boat Handling Instruction Available,

FMI Call 2345

SPINNING CLASSES

G.J. Denich Gym

Monday, Wednesday & Friday

5:30pm - 6:30pm

Tuesday & Thursday

6:15pm - 7:15pm

MARBLEHEAD LANES BOWLING

CENTER

Friday Xtreme Bowling 7pm to

12Midnight

Sunday Xtreme Bowling 1pm to 6pm

AEROBICS

Marine Hill Fitness Center

Mon - Fri 8:30am - 9:30am

Mon - Fri 5:25pm - 6:15pm

Mon & Wed 6am - 7am

PARENT'S NIGHT OUT

CDC

Saturday, August 17th 6:30pm to 12
Midnight A reservation fee of \$2.50 is due
by Wednesday, August 14th for your
child(ren). One hour - \$2.50, two hours -
\$5.00, and three or more hours - \$12.00.

For More Information Call 3664

For more information on any of the events
listed above, call 5225.